

SANJEEV KAPOOR

Vegetarian

EAT LITE

Cereals, Lentils
& Condiments



CONTENTS

RICE

Lotus Root-Rice in Lotus Leaves

Cauliflower and Lemon Rice

Brown Rice Vegetable Pilaf

Tiffin Tomato Rice

Pudina Pulao

Makai Palak Pulao

Chole Biryani

Healthy Protein Pulao

Jade Fried Rice

Mixed Vegetable and Tomato Pulao

Corn and Coriander Rice

Vegetable Fried Rice with Herbs

No-Cheese Risotto

Sprouted Moong Khichdi

Three-Aroma Vegetable Rice

Tomato and Black Mushroom Risotto

BREAD

Dhania-Pudina Paranthe

Dalia aur Dal Paranthe

Herb and Onion Bread

Mixed Flour-Methi Chapati

Methi-Makai Paranthe

Pita Bread

Paushtik Bajre ki Roti

Palak aur Chhena Paranthe

Bran Bread

DAL & KADHI

Masaledar Dal

Lauki Chana Dal

Banjari Dal

Dal Lucknowi

Subz Bahar Arhar Dal

Lobia Rassedar

Punjabi Rajma

Sprouted Hara Chana Amti

Tittori

Tur Dal Amti

Khatte Moong

Baingan ki Kadhi

Tamatar ki Kadhi

Sweetcorn Kadhi

Vrat ki Kadhi

PICKLES & CHUTNEYS

Keri ki Launjee

Tamarind-Ginger Pickle

Teekha Nimbu Achaar

Vadu Mango

Date and Tamarind Chutney

Red Chilli-Garlic Chutney

Sarson ki Chutney

Tamatar ki Chutney

Pear Chutney

Fresh Turai Chutney

Green Chutney

Green Mango and Onion Chutney

Varhadhi Thecha

ANNEXURE GLOSSARY

LOTUS ROOT-RICE IN LOTUS LEAVES

Ingredients

2 lotus roots, peeled and thinly sliced
4 lotus leaves
1½ cups rice, soaked
Salt to taste
3-4 oyster mushrooms
1 medium green capsicum, cut into ¾-inch pieces
1 medium red capsicum, cut into ¾-inch pieces
1 medium yellow capsicum, cut into ¾-inch pieces
1 inch ginger, grated
2 tablespoons soy sauce
½ teaspoon black pepper powder
1 teaspoon sugar
2 teaspoons rice wine

Method

1. Parboil the lotus roots in two cups of salted water till half done. Drain.
2. Soak the oyster mushrooms in one cup of hot water for five minutes. Drain and slice. Drain and boil the rice in four cups of water till three-fourth done. Drain thoroughly.
3. Mix together the rice, lotus roots, mushrooms, capsicums, ginger, soy sauce, pepper powder, salt, sugar and rice wine.
4. Place the leaves on a flat worktop; place one-fourth of the rice mixture in the centre of each leaf and fold up the edges neatly. Secure with a string.
5. Heat sufficient water in a steamer; place the rice parcels in it and steam for fifteen to twenty minutes. Open the parcels and serve hot.

Note: Lotus root is low in saturated fat and cholesterol. It is high in dietary fiber, potassium and vitamin B, making it a favourite vegetable in weight loss diet plans.

CAULIFLOWER AND LEMON RICE

Ingredients

500 grams cauliflower, separated into florets, and blanched
2 tablespoons lemon juice
1 cup brown Basmati rice
Salt to taste
A pinch of sugar
4 green chillies, roughly chopped
3 dried red chillies, broken into large bits
2 tablespoons coriander seeds
5–6 cashew nuts, roughly chopped
¼ teaspoon turmeric powder
1 teaspoon olive oil
¼ teaspoon black mustard seeds
½ teaspoon skinless split black gram

teaspoon fenugreek seeds
A pinch of asafoetida
7–8 curry leaves

Method

1. Soak the rice in two cups of water for two hours. Drain and boil in five cups of water until just cooked, ensuring that each grain is separate.
2. Drain and set aside. Mix the salt and sugar with the lemon juice. Set aside.
3. Grind together the green and red chillies, coriander seeds, cashew nuts and turmeric powder to a fine paste, adding water as required.
4. Heat the oil in a non-stick *kadai*. Add the mustard seeds, black gram and fenugreek seeds, and sauté until the gram turns light brown. Stir in the asafoetida and curry leaves, and sauté for thirty seconds.
5. Add the *masala* paste and cauliflower, and mix well. Add the rice and lemon juice mixture, and mix lightly.
6. Cover and cook until the rice is heated through.

BROWN RICE VEGETABLE PILAF

Ingredients

- 1½ cups brown rice
- 2 medium carrots, cut into ½-inch cubes
- 10-12 French beans, cut into ½-inch pieces
- ¼ medium cauliflower, separated into small florets
- 6-7 medium fresh button mushrooms, halved (optional)
- ½ cup shelled green peas, blanched
- 1 bay leaf
- 2-3 cloves
- 1 teaspoon cumin seeds
- 1 inch cinnamon
- Salt to taste
- 2 green chillies, slit
- 2 tablespoons finely chopped fresh coriander

Method

1. Soak the brown rice in four to five cups of water for two hours. Drain and set aside.
2. Heat a deep non-stick pan; add the bay leaf, cloves, cumin seeds and cinnamon, and dry-roast for a few seconds till fragrant.
3. Add the drained rice and salt, and roast for one or two minutes. Add four cups of water and bring to a boil.
4. Add the carrots, French beans, cauliflower, mushrooms and green chillies. Stir and bring to a boil. Reduce the heat, cover and cook till almost done.
5. Add the green peas and mix gently. Cover and cook till done.
6. Serve hot, garnished with chopped fresh coriander.

Chef's Tip: It becomes a little sticky.

TIFFIN TOMATO RICE

Ingredients

- 2 large tomatoes, diced
- ¼ cup tomato ketchup
- 1½ cups brown Basmati rice, soaked and drained
- 1 inch cinnamon
- 2 cloves
- 2 green cardamoms
- 2 bay leaves
- 2 teaspoons oil
- 1 large onion, sliced thinly
- 1 tablespoon ginger-garlic paste
- ½ cup thin Coconut Milk (See Annexure)
- Salt to taste
- 1 teaspoon sugar

Method

1. Tie up the cinnamon, cloves, cardamoms and bay leaves in a piece of muslin to make a *potli*.
2. Heat the oil in a non-stick pan; add the onion and sauté till light brown.
3. Add the ginger-garlic paste and stir-fry for one minute. Add the drained rice and sauté for five minutes, making sure that the grains do not stick to the pan. Add the tomatoes, tomato ketchup, coconut milk and the spice *potli*.
4. Bring to a boil and cook for five minutes. Add two and three-fourth cups of water, salt and sugar. Bring to a boil again, cover and cook over medium heat till the rice is tender. Remove the spice *potli* and gently stir the rice with a fork to separate the grains. Serve hot.

Chef's Tip: Tomato Rice is ideal for your kid's tiffin.

PUDINA PULAO

Ingredients

- 1½ cups mint leaves
- 1¾ cups Basmati rice
- 2 inches ginger
- 1 tablespoon ghee
- 2 bay leaves
- 4-6 green cardamoms
- 3-4 black cardamoms
- 4-6 cloves
- 8-10 black peppercorns
- ¾ cup skimmed milk yogurt, whisked
- Salt to taste

Method

1. Reserve a few mint leaves for garnishing and chop the rest.
2. Wash and soak the rice in water for half an hour. Drain and set aside.
3. Grind the ginger to a paste.
4. Heat the ghee in a thick-bottomed non-stick pan. Add the bay leaves, cardamoms, cloves and peppercorns. When they begin to splutter, add the ginger paste. Mix well and stir in the yogurt, and cook for two to three minutes.
5. Add two and three-fourth cups of water and bring to a boil. Add the salt.
6. Add the rice and bring to a boil. Add the chopped mint leaves and mix lightly. Cover the pan and cook on low heat for about eight to ten minutes, or till the rice is completely cooked.
7. Serve hot, garnished with mint leaves.

MAKAI PALAK PULAO

Ingredients

- ¾ cup sweetcorn kernels
- 400 grams spinach, chopped
- 1¼ cups Basmati rice
- 1½ teaspoons oil
- 1 teaspoon cumin seeds
- 1 bay leaf
- 2 cloves
- 5 black peppercorns
- 2 green cardamoms
- 2 black cardamoms
- 1 inch cinnamon
- 1 blade of mace
- 1 inch ginger, finely chopped
- 4-6 garlic cloves, finely chopped
- 2-3 green chillies, slit
- Salt to taste
- 1 tablespoon lemon juice

Method

1. Soak the rice for half an hour.
2. Heat the oil in a non-stick pan; add the cumin seeds and when they start to change colour, add the bay leaf, cloves, peppercorns, green and black cardamoms, cinnamon and mace. Stir-fry for half a minute.
3. Add the ginger, garlic and green chillies, and sauté on medium heat for a minute.
4. Add the corn and continue cooking for two to three minutes. Add the rice, and stir gently for about a minute.
5. Add two and a half cups of water and salt to taste. Bring to a boil, add the spinach and mix well. Cook on high heat, stirring gently, but continuously.
6. When the water is almost absorbed, add the lemon juice and lower the heat. Cover the pan and continue cooking, for about five to seven minutes, or till the rice is completely cooked.

CHOLE BIRYANI

Ingredients

- 1 cup chickpeas
- 1½ cups brown Basmat rice
- Salt to taste
- 2 tablespoons tea leaves
- 5-6 green cardamoms
- 2-3 bay leaves
- 2-3 cloves
- 1½ cups skimmed milk yogurt
- 1 teaspoon ginger paste
- 1 inch ginger, cut into thin slices
- ½ cup fresh mint, roughly torn
- 1 teaspoon green chilli paste
- 1 teaspoon red chilli powder
- 1 teaspoon turmeric powder
- 1 teaspoon *garam masala* powder
- 1 teaspoon garlic paste
- A few saffron threads
- 1 tablespoon warm skimmed milk
- A few drops of screw pine essence
- ¼ cup chopped fresh coriander

Method

1. Soak the chickpeas overnight in four cups of water. Drain and pressure-cook in four cups of water with the salt and tea leaves tied in a piece of muslin (*potli*), till tender. Remove the *potli* and drain the chickpeas.
2. Soak the rice in three cups of water for about half an hour. Drain. Boil four cups of water in a deep non stick pan with salt and the green cardamoms, bay leaves and cloves. Add the rice and cook till half done. Drain excess water.
3. Marinate the cooked chickpeas in a mixture of the yogurt, ginger paste, ginger, half the fresh mint, green chilli paste, chilli powder, turmeric powder, *garam masala* powder and garlic paste.
4. Soak the saffron in the warm milk and mix in the screw pine essence. Place the marinated chickpeas in a deep non-stick pan.
5. Spread the cooked rice over the chickpeas evenly. Sprinkle the dissolved saffron and half the chopped coriander over the rice.
6. Cover the pan tightly, and cook on low heat for fifteen minutes, or till the rice is tender.
7. Serve hot, garnished with the remaining chopped coriander and mint.

HEALTHY PROTEIN PULAO

Ingredients

- 1 cup soya granules, soaked in 1 cup of water
- 1½ cups Basmati rice, soaked
- 2 tablespoons rice bran oil
- ½ teaspoon cumin seeds
- 1 inch cinnamon
- 3-4 cloves
- 2-3 green cardamoms
- 3 medium onions, chopped
- 1 inch ginger, chopped
- 10 garlic cloves, chopped
- 1½ tablespoons red chilli powder
- ¼teaspoon turmeric powder
- 1 tablespoon coriander powder
- 3-4 large tomatoes, chopped
- 1 cup shelled green peas, parboiled
- Salt to taste
- 2 tablespoons chopped fresh coriander
- 3 cups Vegetable Stock (See Annexure)

Method

1. Heat the oil in a deep non-stick pan. Add the cumin seeds, cinnamon, cloves, cardamoms and onions, and sauté for two minutes. Add the ginger and garlic, and sauté for another minute.
2. Add the chilli powder, turmeric powder and coriander powder, and continue to sauté. Add a little water so that the *masala* does not burn. Add the tomatoes and soya granules, and cook for a minute. Add the green peas, salt and chopped coriander.
4. Add the rice and stir. Add vegetable stock and stir. When the mixture comes to a boil, lower the heat, cover and cook till the rice is tender.
5. Serve hot with *raita*.

JADE FRIED RICE

Ingredients

200 grams spinach, roughly chopped
1 medium zucchini, cut into $\frac{3}{4}$ -inch cubes
1 cup rice
1 teaspoon oil
4 garlic cloves, finely chopped
 $\frac{1}{2}$ inch ginger, finely chopped
1 medium carrot, cut into thin strips
2 teaspoons soy sauce
2 teaspoons brown sugar
Salt to taste
 $\frac{1}{2}$ teaspoon black pepper powder

Method

1. Soak the rice for half an hour. Cook the rice in sufficient boiling water, drain, rinse under running water and set aside.
2. Heat the oil in a non-stick pan or wok; add the garlic and ginger, and stir-fry for half a minute.
3. Add the carrot and zucchini and stir-fry, for two minutes taking care that the vegetables remain crisp.
4. Add the spinach, soy sauce, sugar and rice.
5. Mix well and season with the salt and pepper powder. Serve hot.

MIXED VEGETABLE AND TOMATO PULAO

Ingredients

- 1 medium carrot, cut into ½-inch cubes
- 7-8 French beans, cut into ½-inch pieces
- ¼ small cauliflower, separated into florets
- 7-8 shallots, halved
- 2 medium tomatoes, chopped
- 1½ cups Basmati rice
- 1 bay leaf
- ½ teaspoon cumin seeds
- 2 inches cinnamon
- 2 black cardamoms
- 1 inch ginger, chopped
- Salt to taste
- ½ teaspoon peppercorns, crushed
- ½ teaspoon red chilli powder
- ½ teaspoon *garam masala* powder
- 1 tablespoon lemon juice
- 3 tablespoons chopped fresh coriander

Method

1. Soak the rice in three cups of water for half an hour. Drain and set aside.
2. Heat a deep non-stick pan and dry-roast the bay leaf, cumin seeds, cinnamon and black cardamoms till fragrant.
3. Add the ginger, shallots, tomatoes and salt to taste. Stir and cook for two to three minutes. Add three cups of water and stir.
4. Bring to a boil and add the carrot, French beans, cauliflower, rice, crushed peppercorns, chilli powder and *garam masala* powder, and stir gently, continuously, for three to four minutes.
5. Adjust the salt. Cover and cook on low heat till the rice is tender. Add the lemon juice and mix.
6. Serve hot, garnished with chopped coriander.

CORN AND CORIANDER RICE

Ingredients

¾ cup tinned corn kernels
6 tablespoons chopped fresh coriander
1 cup Basmati rice, soaked
1 tablespoon olive oil
2-3 garlic cloves, chopped
2 green chillies, seeded and chopped
Salt to taste
1 tablespoon lemon juice

Method

1. Cook the rice in three cups of water until just cooked. Drain thoroughly and spread on a large plate to cool.
2. Heat the olive oil in a non-stick wok; add the garlic and sauté for a minute.
3. Add the green chillies, rice, corn, chopped coriander, salt and lemon juice, and sauté on high heat for two to three minutes, stirring and tossing continuously.
4. Transfer to a serving bowl and serve hot.

Note: This delicious dish provides energy and proteins.

VEGETABLE FRIED RICE WITH HERBS

Ingredients

- 1 teaspoon dried mixed herbs
- ¼ cup shelled green peas
- 2 medium capsicums, cut into ¾-inch cubes
- 4 pieces baby corn, cut diagonally into ¾-inch pieces
- 10 French beans, cut diagonally into ¾-inch pieces
- 2-3 slices bamboo shoots, cut into ¾-inch cubes
- 1 cup rice
- 1½ teaspoons oil
- 4 garlic cloves, crushed
- 2 teaspoons light soy sauce
- 1½ teaspoons five-spice powder
- A few sprigs of fresh coriander leaves, finely chopped
- A few sprigs of fresh mint leaves, finely chopped
- Salt to taste
- Pepper powder to taste
- 2 teaspoons white vinegar

Method

1. Soak the rice for half an hour. Drain.
2. Cook the rice in boiling salted water till done. Keep warm. Boil the green peas in boiling water, drain and refresh in cold water.
3. Heat the oil in a non-stick frying pan; add the garlic, and stir-fry on high heat.
4. Add the capsicums, baby corn, French beans, peas, bamboo shoot and soy sauce, and cook, stirring continuously. Sprinkle the five-spice powder and dried mixed herbs and cook for about half a minute on high heat, stirring continuously.
5. Add the rice, stir-fry for a few seconds, and add the chopped coriander and mint.
6. Season with salt and pepper powder, add the vinegar and mix well.
7. Serve hot.

NO-CHEESE RISOTTO

Ingredients

- 1½ cups risotto rice
- 1 medium onion, chopped
- 4 garlic cloves, chopped
- 3 cups Vegetable Stock (See Annexure), heated
- Salt to taste
- ½ teaspoon black pepper powder
- 2 medium carrots, sliced
- 2 cups skimmed milk
- 7-8 black peppercorns, crushed
- 1 teaspoon dried basil
- 5-6 French beans, cut into 1-inch pieces
- 1 medium green capsicum, cut into ½-inch pieces
- 5-6 fresh button mushrooms, sliced

Method

1. Heat a non-stick pan; add the onion and garlic, and cook till transparent. Add the rice, stir and roast for two to three minutes.
2. Add of the hot vegetable stock, salt and pepper powder, and mix well. Add the carrots, cover and cook till the rice is half-done.
3. Add the milk, crushed peppercorns and dried basil. Cook till half the milk has been absorbed. Add the French beans, capsicum, and mushrooms, and cook till the vegetables are soft. Remove from heat and serve hot.

Chef's Tip: Five-spice powder can be made at home by grinding together equal quantities of star anise, cinnamon, fennel seeds, cloves and Sichuan pepper.

SPROUTED MOONG KHICHDI

Ingredients

- 1½ cups sprouted green gram
- 1 cup rice
- 1 teaspoon pure ghee
- 1 teaspoon cumin seeds
- 1 inch cinnamon
- ½ teaspoon turmeric powder
- ½ tablespoon crushed black peppercorns
- 3-4 green chillies, slit
- 2 medium carrots, cut into 1-inch pieces
- 4-6 cauliflower florets
- Salt to taste

Method

1. Soak the rice for half an hour.
2. Heat the ghee in a non-stick pan; add the cumin seeds and sauté over high heat till they begin to change colour.
3. Add the cinnamon, turmeric powder, crushed peppercorns and green chillies, and sauté for a minute. Add the carrots and cauliflower, and mix well.
4. Drain the rice and add to the pan with salt to taste. Stir for a few minutes and add two and half cups of water.
5. Bring the rice to a boil; add the sprouted green gram, lower the heat and simmer, stirring frequently, for fifteen to twenty minutes, or until the rice and gram are very soft. Serve hot.

THREE-AROMA VEGETABLE RICE

Ingredients

- 1½ cups rice
- ¼ small cauliflower, separated into florets
- 2 medium carrots, cut into ¼-inch pieces
- ½ cup shelled green peas
- ¼ small cabbage, cut into ¼-inch pieces
- 12-16 spinach leaves, trimmed
- 2 inches lemon grass stalk
- 2 star anise
- Salt to taste
- 1½ tablespoons cornflour
- 1 tablespoon crushed black peppercorns
- 1 tablespoon soy sauce
- 1 teaspoon sesame oil

Method

1. Soak the rice for half an hour. Drain.
2. Cook the rice in boiling salted water till completely cooked. Keep warm. Soak the cauliflower in warm salted water and set aside.
3. Mix the cornflour with half a cup of water.
4. Bring three cups of water to a boil in a non-stick pan. Add the lemon grass, star anise and the carrots, and cook for three minutes.
5. Lower the heat and add the green peas and cauliflower, and cook till the green peas and carrots are tender.
6. Stir in the cabbage and spinach. Season with salt and the crushed peppercorns. Add the soy sauce; bring to a boil and stir in the cornflour mixture. Cook for half a minute on low heat.
7. Place the rice in a large bowl; ladle the cooked vegetables over the rice and sprinkle sesame oil on top. Serve immediately.

TOMATO AND BLACK MUSHROOM RISOTTO

Ingredients

3 medium tomatoes, blanched and finely chopped
8-10 cherry tomatoes
10-12 black mushrooms
1½ cups rice, preferably arborio
1 tablespoon butter
¼ cup white wine
2 cups Vegetable Stock (See Annexure)
1 cup skimmed milk
Salt to taste
½ teaspoon pepper powder
¼ cup grated cheese

Method

1. Soak the mushrooms in hot water, drain and chop roughly.
2. In a thick-bottomed non-stick pan, heat half the butter on medium heat and add the tomatoes. Sauté till they are cooked.
3. Add the mushrooms and stir-fry. Add the rice and sauté for three to four minutes.
4. Stir in the white wine and cook on high heat for a couple of minutes, stirring frequently.
5. Stir in the stock followed by half the skimmed milk. Lower the heat and cook on medium heat, stirring gently, continuously till the rice is tender. Season with salt and pepper.
6. Just before serving, add the grated cheese and remaining butter and skimmed milk to give it a creamy texture.
7. Top with cherry tomatoes and serve hot.

Chef's Tip: It is not necessary to soak the rice for this dish. The consistency of a risotto is quite thick and lumpy, therefore the rice that you choose should be thick and starchy. You can use *ukda chawal* (parboiled rice) or any rice that you would normally use for *khichdi* instead of arborio rice.

DHANIA-PUDINA PARANTHE

Ingredients

- ¼ cup finely chopped fresh coriander
- ¼ cup finely chopped fresh mint
- 2 cups wholewheat flour
- Salt to taste
- ½ cup skimmed milk yogurt
- 2 teaspoons *chaat masala*

Method

1. Place the wholewheat flour and salt in a bowl. Add the chopped coriander, chopped mint and sufficient water, and knead into a soft dough. Cover and rest the dough for twenty to twenty-five minutes.
2. Divide the dough into eight equal portions and shape into balls.
3. Blend the yogurt and *chaat masala*.
4. Roll out each ball into a medium-sized *chapati*. Spread with a tablespoon of the yogurt mixture. Fold the *chapati* like a fan and twist it back into the form of a ball. Set aside for five minutes.
5. Roll out each portion into a five to seven-inch round *parantha*. Cook on a hot non-stick *tawa* till both sides are light golden brown.
6. Before serving, crush the *parantha* lightly between your palms to open out the layers.

Chef's Tip: If you are cooking *Dhania-Pudina Parantha* in the *tandoor*, apply a little water on the side that you are going to stick to the *tandoor* wall.

DALIA AUR DAL PARANTHE

Ingredients

¾ cup cracked wheat
¼ cup whole green gram
1 cup wholewheat flour
Salt to taste
1 inch ginger, finely grated
½ cup chopped fresh coriander
1-2 medium green chillies, finely chopped
2 teaspoons oil

Method

1. Combine the flour and the salt.
2. Soak the green gram for about an hour. Pressure-cook the green gram and the cracked wheat in one and a half cups of water until soft. Cool and mash the mixture.
3. Mix the flour with the mashed mixture. Add the ginger, chopped coriander, green chillies and water, if required, and knead into a soft, pliable dough.
4. Cover the dough with a damp cloth and set aside for fifteen minutes.
5. Divide the dough into eight to ten equal portions. Shape into balls and roll out each portion into a thin five to six-inch *parantha*.
6. Brush a little oil on a hot non-stick *tawa*; place the *parantha* on it and cook on medium heat for half a minute on each side. Lower the heat and cook till both sides are slightly browned.

HERB AND ONION BREAD

Ingredients

1½ teaspoon mixed herbs
2 medium onions, grated
560 grams wholewheat flour
20 grams fresh yeast
1 teaspoon sugar
1 cup warm water
½ cup skimmed milk
60 grams butter, cut into cubes
1½ teaspoon salt

Method

1. Crumble the yeast into a cup and sprinkle with sugar. Add two tablespoons of warm water and mix until smooth.
2. Set in a warm place for ten minutes, or until the mixture becomes frothy.
3. Pour the milk into a non-stick pan and heat gently. Remove from heat just before the milk begins to boil. Add the butter to the milk, then add the remaining water.
4. Set aside for ten minutes, or until the butter has completely melted and the milk is lukewarm.
5. Mix together the flour, salt, herbs and onions.
6. Make a well in the centre and add the yeast mixture and the milk-butter mixture. Knead lightly to make soft dough.
7. Cover with a damp cloth and set aside in a warm place for two hours, or until the dough has doubled in size.
8. Grease two baking tins. Knead the dough once again and divide into two portions. Shape the dough into loaves and place in the tins. Cover and set aside for forty-five minutes or until the dough is almost double in size.
9. Preheat an oven to 180°C/350°F/Gas Mark 4. Place the loaf tins in the oven and bake for forty-five minutes. Increase the heat to 220°C/425°F/Gas Mark 7, and bake for another twenty minutes.
10. Remove the loaves from the tins and cool on a wire rack. Slice and serve fresh and warm.

Chef's Tip: Use fresh herbs for a better flavour.

MIXED FLOUR-METHI CHAPATI

Ingredients

½ cup gram flour
½ cup wholewheat flour
½ cup barley flour
1 cup fenugreek leaves, finely chopped
Salt to taste
¼ small cabbage, finely grated
½ cup skimmed milk yogurt
1 teaspoon red chilli powder

Method

1. Sift the gram flour, flour and barley flour along with salt.
2. Mix the fenugreek leaves and cabbage into the flour mixture. Add the yogurt, chilli powder and water, a little at a time, to make a medium soft dough. Knead well.
3. Cover with a damp cloth and set aside for about fifteen minutes.
4. Divide the dough into eight to ten equal portions, and shape into balls.
5. Roll out each ball into a five to six-inch round *chapati*.
6. Heat a non-stick *tawa* till moderately hot. Place the *chapati* on the *tawa* and cook on one side for about half a minute.
7. Flip it over and cook the other side. Lower the heat and cook on both sides till light brown. Serve hot.

METHI-MAKAI PARANTHE

Ingredients

- ½ cup fresh fenugreek leaves, chopped
- ½ cup sweetcorn kernels, boiled and crushed
- 2 cups wholewheat flour
- Salt to taste
- 1 small onion, chopped
- 1 medium potato, boiled and mashed
- 2 tablespoons chopped fresh coriander
- 2 green chillies, chopped
- ½ teaspoon carom seeds
- 1 tablespoon lemon juice

Method

1. Mix the wholewheat flour and salt, and knead with enough water into a soft dough. Divide into eight equal portions. Cover with a damp cloth for about fifteen minutes.
2. Heat a non-stick *kadai*. Add the onion, corn and fenugreek leaves, and cook till dry. Spread on a plate to cool.
3. When cool, mix in the mashed potato. Add the chopped coriander, green chillies, carom seeds, lemon juice and salt, and mix well. Divide into eight equal portions.
4. Roll out each portion of dough into a small *puri*; place a portion of stuffing in the centre, gather the edges together and roll into a ball. Roll out the ball into a five-inch round *parantha*.
6. Heat a non-stick *tawa*, place a *parantha* on it and roast till light golden specks appear. Turn over and roast the other side.
7. Serve hot with skimmed milk yogurt.

PITA BREAD

Ingredients

- 1 cup refined flour
- 1 cup wholewheat flour
- 1 teaspoon salt
- 10 grams fresh yeast
- 1 teaspoon sugar

Method

1. Sift together the flours and salt into a bowl.
2. In a small bowl, mix together the yeast and sugar; pour four tablespoons of lukewarm water over the mixture and set aside to froth.
3. Make a well in the centre of the flour. Pour in the yeast mixture and gradually draw in the flour from the sides of the well and mix. Add approximately one cup of water and knead well to make a soft dough. Cover with a damp cloth and leave in a warm place to rise for one hour.
4. Knock back the dough and divide into eight equal portions and shape into balls. Roll them out into ovals, eight inches in length and five inches across the middle. Cover with a damp cloth and leave to rise for twenty minutes.
5. Preheat an oven to 230°C/450°F/Gas Mark 8. Grease a baking tray.
6. Place the pita on the baking tray and bake for five minutes. Remove from the oven and transfer to a wire rack to cool.

Chef's Tip: Pita is a Lebanese bread which is puffed up in the centre and forms a pocket when cut. It is generally served with salad or kababs stuffed into the pocket.

PAUSHTIK BAJRE KI ROTI

Ingredients

- 1 cup millet flour
- ¼ cup wholewheat flour
- Salt to taste
- 1 medium onion, grated
- 1 medium carrot, grated
- 2 green chillies, chopped
- 1 teaspoon carom seeds

Method

1. Sift the millet flour, flour and salt together. Mix the flour mixture with the onion, carrot, green chillies and carom seeds. Add sufficient water, a little at a time, and knead the mixture into a medium soft dough. Do not over handle the dough.
2. Divide the dough into eight equal portions and shape into balls. Pat each portion of dough between moistened palms to make four or five-inch thin *roti*.
3. Heat a non-stick *tawa* and place each *roti* on it. Cook one side for about half a minute over medium heat; flip the *roti* over and cook the other side. Lower heat and cook both sides till slightly browned.
4. Serve hot.

Chef's Tip: It takes some practice, but try to make the *roti* as thin as possible.

PALAK AUR CHHENA PARANTHE

Ingredients

225 grams spinach, chopped
100 grams skimmed milk cottage cheese
2 cups wholewheat flour + for dusting
1 small onion, finely chopped
½ teaspoon carom seeds
2 tablespoons chopped fresh coriander
2 tablespoons fresh mint leaves, roughly torn
2 green chillies, chopped
½ teaspoon cumin powder
1 teapoon *chaat masala*
1 teapoon *garam masala* powder
Salt to taste
½ cup skimmed milk yogurt, whisked

Method

1. Place the wholewheat flour in a deep bowl.
2. Add the rest of the ingredients except the yogurt and knead into a semi-soft dough. Cover and set aside for fifteen minutes.
3. Divide the dough into twelve equal portions and shape into balls.
4. Roll out each ball into a thick *parantha*. Heat a nonstick *tawa* and roast the *parantha* on medium heat till brown and crispy.
5. Serve hot with skimmed milk yogurt.

BRAN BREAD

Ingredients

½ cup wheat bran
2 cups refined flour
½ teaspoon salt
13 grams fresh yeast
1 tablespoon sugar
1½ cups + 2 tablespoons lukewarm skimmed milk
2 tablespoons oil
1 teaspoon sesame seeds

Method

1. Line a baking tray with oiled greaseproof paper.
2. Combine the yeast with the sugar and two tablespoons of lukewarm water in a bowl and set aside for about fifteen minutes, or until the mixture turns frothy.
3. Stir in the warm milk. Place the flour, salt and bran in a mixing bowl. Add the yeast mixture, a little at a time, and mix to form a dough.
4. Place the dough on a floured surface and knead for about ten to fifteen minutes, or until the dough is smooth and shiny.
5. Cover with a damp cloth and leave in a warm place for about one hour, or until the dough doubles in size.
6. Knock back the dough, add the oil and knead again. Divide the dough into two portions, and form each one into the desired shape. Place on a baking tray, cover and leave to rise till they double in size.
7. Preheat an oven to 220°C/425°F/Gas Mark 7.
8. Brush the loaves with a little water and sprinkle sesame seeds over them. Bake for about thirty minutes, or until well-risen. The bottom of the bread should sound hollow when tapped.
9. Remove from the oven and transfer to a wire rack to cool. Cut when completely cold.

Makes 2 x 400 gram loaves

MASALENDAR DAL

Ingredients

½ cup split pigeon peas
Salt to taste
¼ teaspoon turmeric powder
2-3 green chillies, slit
1 teaspoon cumin seeds
3-4 dried red chillies
A pinch of asafoetida
2 medium onions, chopped
½ teaspoon red chilli powder
1 teaspoon coriander powder
2 medium tomatoes, chopped
½ teaspoon *garam masala* powder
2 teaspoons lemon juice
2 tablespoons chopped fresh coriander

Method

1. Soak the pigeon peas in four cups of water for half an hour. Drain and pressure-cook with two cups of water, salt, turmeric powder and green chillies till tender.
2. In a deep non-stick pan, dry-roast the cumin seeds, red chillies, asafoetida and onions for two to three minutes.
3. Add the chilli powder, coriander powder and tomatoes, and cook for another five minutes on medium heat.
4. Add the cooked *dal* and mix well. Add the *garam masala* powder, adjust the salt and simmer for five to ten minutes.
5. Add the lemon juice and chopped coriander, and mix. Serve hot with steamed rice.

LAUKI CHANA DAL

Ingredients

½ small bottle gourd, cut into 1-inch pieces
½ cup split Bengal gram
Salt to taste
½ teaspoon turmeric powder
½ teaspoon cumin seeds
2 green chillies, chopped
A pinch of asafoetida
½ teaspoon red chilli powder
2 teaspoons coriander powder
2 medium tomatoes, chopped
½ teaspoon *garam masala* powder
¼ teaspoon sugar
2 teaspoons lemon juice
2 tablespoons chopped fresh coriander

Method

1. Soak the Bengal gram in one and a half cups of water for one hour. Drain.
2. Cook the gram and bottle gourd with salt, turmeric powder and one cup of water till soft. Mash slightly with the back of a ladle and mix well.
3. Heat non-stick pan. Add the cumin seeds, green chillies and asafoetida, and cook for one minute. Add the chilli powder and coriander powder. and cook till fragrant. Add the tomatoes and cook till they soften.
4. Add the cooked gram and bottle gourd, and stir to mix. Add the *garam masala* powder, sugar and more salt if necessary. Lower the heat and cook for two minutes.
5. Stir in the lemon juice, garnish with chopped coriander and serve hot.

BANJARI DAL

Ingredients

cup split black gram with skin, soaked

cup split Bengal gram, soaked

¼ teaspoon turmeric powder

Salt to taste

1½ tablespoons pure ghee

2 small onions, sliced

2 cloves

1 inch cinnamon

3 dried red chillies, broken into large bits

1½ teaspoons ginger-garlic paste

1½ teaspoons coriander powder

2 green chillies, chopped

¼ teaspoon black pepper powder

¾ teaspoon red chilli powder

1 tablespoon chopped fresh coriander

1 inch ginger, cut into thin strips

Method

1. Pressure-cook the split gram together with turmeric powder, salt and three cups of water till the pressure is released four to five times (four to five whistles), or until tender.
2. Heat the ghee in a non-stick pan, add the onions, cloves, cinnamon and dried red chillies, and sauté till the onions turn golden.
3. Add the ginger-garlic paste, coriander powder, green chillies, pepper powder and chilli powder, and sauté for a couple of minutes.
4. Add the sautéed spices to the cooked *dal* and boil for five minutes. Transfer to a serving bowl.
5. Garnish with chopped coriander and ginger strips, and serve hot.

Note: Dal is an excellent source of protein, which is the building block of the body.

DAL LUCKNOWI

Ingredients

- 1 cup split pigeon peas, soaked
- 2 green chillies, chopped
- ½ teaspoon turmeric powder
- Salt to taste
- 1 tablespoon rice bran oil
- 1 teaspoon cumin seeds
- 4 dried red chillies, broken into large bits
- 5 garlic cloves, chopped
- A pinch of asafoetida
- 1 cup skimmed milk
- 2 tablespoons chopped fresh coriander

Method

1. Pressure-cook the split pigeon peas and green chillies with two cups of water till the pressure is released twice (two whistles). Remove the lid when the pressure has reduced. Add the turmeric powder and salt, and simmer on low heat.
2. Heat the oil in a non-stick pan. Add the cumin seeds, dried red chillies, garlic and asafoetida, and sauté till fragrant. Add to the boiling *dal* and mix well. Add one cup of water and milk and continue to simmer for two to three minutes.
3. Adjust the salt, garnish with chopped coriander and serve hot.

Note: Rice bran oil is a heart friendly addition to your kitchen shelf.

SUBZ BAHAR ARHAR DAL

Ingredients

¼ medium cauliflower, separated into small florets
1 medium carrot, cut into 1-inch pieces
2 drumsticks, cut into 2-inch pieces
6-8 French beans, cut into 1-inch pieces
¾ cup split pigeon peas
Salt to taste
1-2 green chillies, slit
½ teaspoon turmeric powder
1½ teaspoon oil
1 teaspoon cumin seeds
1 inch ginger, chopped
4-5 garlic cloves, chopped
½ tablespoon red chilli powder
1 tablespoon coriander powder
1 tablespoon Tamarind Pulp (See Annexure)

Method

1. Soak the cauliflower florets in warm salted water.
2. Soak the split pigeon peas in one and a half cups of water for twenty minutes.
3. Cook the pigeon peas in the same water in which it was soaked, with the green chillies and turmeric powder, in a pressure cooker for four to five minutes or until soft.
4. Cook the cauliflower, carrot, drumsticks and French beans in one cup of water in a pressure cooker for three to four minutes, or until tender.
5. Heat the oil in a non-stick pan; add the cumin seeds and stir for a few seconds. Add the ginger and garlic, and sauté for a minute.
6. Add the chilli powder and coriander powder, and stir. Dilute the tamarind pulp in one-fourth cup of water and stir it into the pan.
7. Add the cooked pigeon peas and vegetables along with their cooking liquid to the pan, mix well and add salt to taste.
8. Continue to cook for three to four minutes on medium heat, or till all the ingredients are well combined and the *dal* starts bubbling. Serve hot with steamed, unpolished rice.

LOBIA RASSEDAR

Ingredients

1½ cups black-eyed beans, soaked
1½ tablespoon olive oil/rice bran oil
1 teaspoon cumin seeds
½ teaspoon fenugreek seeds
2 dried red chillies
1 inch ginger
6 garlic cloves
1 inch cinnamon
2 medium onions, chopped
1 medium tomato, chopped
½ teaspoon turmeric powder
2 teaspoons red chilli powder
Salt to taste
2 tablespoons chopped fresh coriander

Method

1. Drain and boil the black-eyed beans in three cups of water until three-fourth cooked. Set aside with the cooking liquid.
2. Heat two teaspoons of oil in a non-stick pan; add the cumin seeds, fenugreek seeds and red chillies.
3. Sauté for two minutes on low heat, stirring continuously, till fragrant.
4. Cool and grind the spices with ginger, garlic and a little water, to a smooth paste.
5. Heat the remaining oil in a non-stick *kadai*. Add the cinnamon and when it begins to sizzle, add the onions and sauté on medium heat until lightly browned.
6. Add the tomato, ground paste, turmeric powder, chilli powder and salt. Cover and cook for five to seven minutes.
7. Add the black-eyed beans with the cooking liquid. Cover and cook till black-eyed beans are tender and gravy almost dry.
8. Serve hot, garnished with the chopped coriander.

Note: Black-eyed beans or lobia are rich in proteins, carbohydrates and fiber. Ginger, fenugreek seeds and cumin seeds aid digestion.

PUNJABI RAJMA

Ingredients

- 1½ cups red kidney beans, soaked overnight
- 1½ tablespoons rice bran oil
- 2 bay leaves
- 2 medium onions, chopped
- 1 inch ginger, chopped
- 6-8 garlic cloves, chopped
- 2 teaspoons red chilli powder
- 1 tablespoon coriander powder
- ½ teaspoon turmeric powder
- 1 teaspoon cumin powder
- 3 medium tomatoes, chopped
- Salt to taste
- 1 teaspoon *garam masala* powder
- 1 tablespoon chopped fresh coriander

Method

1. Pressure-cook the kidney beans with five cups of water till the pressure is released five times (five whistles), or till the beans are completely cooked and soft.
2. Heat the oil in a deep non-stick pan. Add the bay leaves and onions, and sauté till golden.
3. Add the ginger and garlic, and continue to sauté for a minute. Add the chilli powder, coriander powder, turmeric powder and cumin powder, and stir.
4. Add the tomatoes and salt, and cook till tomatoes are cooked and the oil separates from the *masala*.
5. Add the kidney beans along with the cooking liquid and mix. Cook on low heat, for fifteen minutes, stirring occasionally.
6. Adjust the salt and add *garam masala* powder. Cook for five minutes.
7. Garnish with chopped coriander and serve hot with steamed rice.

SPROUTED HARA CHANA AMTI

Ingredients

- 1 cup green Bengal gram
- 1½ teaspoons oil
- ½ teaspoon asafoetida
- ¼ teaspoon mustard seeds
- 2 dried red chillies, broken into 2 pieces
- 3-4 garlic cloves, finely chopped
- 2-3 green chillies, finely chopped
- 2 tablespoons Tamarind Pulp (See Annexure)
- ½ teaspoon turmeric powder
- Salt to taste
- 1 teaspoon jaggery
- ¼ teaspoon carom seeds, crushed

Method

1. Soak the Bengal gram in plenty of water for four to five hours. Drain, tie in a wet piece of muslin and store in a warm place for two days, or until the gram begins to sprout. Ensure that the muslin is always moist.
2. Heat the oil in a non-stick pan; add the asafoetida and mustard seeds, and sauté till the seeds begin to splutter. Add the red chillies and sauté. Add the garlic and green chillies, and stir-fry for half a minute.
3. Dilute the tamarind pulp in one-fourth cup of water and add to the pan. Add the turmeric powder, salt and jaggery, and stir well. Cook over high heat till the jaggery dissolves.
4. Add the sprouted gram and the carom seeds. Toss well to mix, remove from heat, and serve hot.

TITTORI

Ingredients

1½ cups field beans, sprouted and peeled
1¼ tablespoons Parsi *dhansak masala*
1 tablespoon oil
2 large onions, chopped
2 teaspoons ginger-garlic paste
¼ teaspoon turmeric powder
¾ teaspoon *garam masala* powder
1½ teaspoons red chilli powder
1 teaspoon sugar
Salt to taste
2 large tomatoes, chopped
1½ cups thick Coconut Milk (See Annexure)

Method

1. Heat the oil in a thick-bottomed non-stick pan; add the onions and ginger-garlic paste and sauté till the onions turn translucent.
2. Add the *dhansak masala*, turmeric powder, *garam masala* powder, chilli powder, sugar, salt and tomatoes; sauté till the oil separates.
3. Add the sprouted field beans and one and a half cups of water and bring to a boil. Lower the heat and simmer till the beans are completely cooked.
4. Gently stir in the coconut milk, so that the beans do not break. Simmer for two more minutes. Serve hot.

TUR DAL AMTI

Ingredients

- 1 cup split pigeon peas, soaked
- 1 tablespoon rice bran oil
- ¼ teaspoon cumin seeds
- 1 small onion, chopped
- 2 green chillies
- A pinch of asafoetida
- Salt to taste
- 1 teaspoon grated jaggery
- 2 teaspoons Tamarind Pulp (See Annexure)
- ½ teaspoon red chilli powder
- ½ teaspoon *Goda Masala* (See Annexure)
- 1 tablespoon chopped fresh coriander
- 1 tablespoon grated coconut

Method

1. Pressure-cook the pigeon peas with two cups of water till the pressure is released three to four times (three to four whistles). Remove the lid when the pressure has reduced. Mash the cooked peas with the back of a round ladle.
2. Heat the oil in a deep non-stick pan; add the cumin seeds and sauté till they begin to change colour. Add the onion, green chillies and asafoetida, and sauté till lightly browned.
3. Add the cooked *dal* and two cups of water. Mix well and bring to a boil.
4. Lower the heat, add the salt, jaggery, tamarind pulp, chilli powder and *goda masala*, and simmer for four to five minutes.
5. Garnish with chopped coriander, and grated coconut and serve hot.

KHATTE MOONG

Ingredients

½ cup whole green gram
Salt to taste
2 tablespoons gram flour
1½ cups skimmed milk yogurt
¼ teaspoon turmeric powder
1 teaspoon ginger paste
1 teaspoon green chilli paste
1 teaspoon sugar
½ teaspoon mustard seeds
¼ teaspoon fenugreek seeds
½ teaspoon cumin seeds
8-10 curry leaves
2 dried red chillies
3-4 cloves
1 inch cinnamon
A pinch of asafoetida
2 tablespoons chopped fresh coriander

Method

1. Soak the green gram in two cups of water for about an hour.
2. Drain, add two cups of water and salt, and boil till soft. Whisk together the gram flour and yogurt till smooth.
3. Add the turmeric powder, ginger paste, green chilli paste, sugar and three cups of water, and mix well.
4. Transfer the mixture to a non-stick pan and cook, stirring continuously, till the *kadhi* is moderately thick. Add salt to taste.
5. Heat a small non-stick pan and add the mustard seeds, fenugreek seeds, cumin seeds, curry leaves, red chillies, cloves, cinnamon and asafoetida. Roast on medium heat till fragrant. Add the roasted spices to the *kadhi* and mix well.
6. Stir in the boiled green gram and adjust the seasoning. Simmer for two minutes.
7. Serve hot, garnished with chopped coriander.

BAINGAN KI KADHI

Ingredients

10-12 baby brinjals, stemmed and halved
1½ cups skimmed milk yogurt
1 cup gram flour
Salt to taste
½ teaspoon turmeric powder
1 teaspoon red chilli powder
1½ tablespoons ginger-garlic paste
500 grams fenugreek leaves, chopped
2 medium onions, chopped
1½ tablespoons oil
¼ teaspoon fennel seeds
¼ teaspoon mustard seeds
1 teaspoon cumin seeds
¼ teaspoon fenugreek seeds
¼ teaspoon onion seeds
4 dried red chillies, broken into large bits
5-6 curry leaves
1 tablespoon chopped fresh coriander

Method

1. In a bowl, mix together the yogurt, two tablespoons gram flour, salt, turmeric powder, chilli powder, half the ginger-garlic paste and two cups of water. Set aside.
2. In another bowl, mix together the fenugreek leaves, remaining ginger-garlic paste, onions, remaining gram flour and salt. Mix well to make a firm dough.
3. Heat sufficient water in a steamer. Shape the dough into small balls or *muthia* and steam for fifteen minutes, or till done.
4. Heat one tablespoon of oil in a non-stick pan. Add the brinjals and sauté for three to four minutes till tender. Drain and set aside.
5. Add the remaining oil to the same pan. Add the fennel seeds, mustard seeds, cumin seeds, fenugreek seeds and onion seeds. When the seeds begin to splutter, add the dried red chillies and curry leaves.
6. Add the yogurt mixture and stir. Cook till the *kadhi* thickens, stirring continuously. Add the *methi muthia* and sautéed brinjals and bring the *kadhi* to a boil again. Garnish with chopped coriander and serve hot.

party...place a huge platter of fluffy Basmati alongside.

TAMATAR KI KADHI

Ingredients

- 12 small tomatoes, puréed
- 4 teaspoons gram flour
- ½ teaspoon turmeric powder
- 1 teaspoon red chilli powder
- Salt to taste
- 1 teaspoon sugar
- ½ teaspoon mustard seeds
- A pinch of asafoetida
- ½ teaspoon cumin seeds
- 5-6 curry leaves
- 4-5 dried red chillies
- 2 tablespoons chopped fresh coriander

Method

1. In a bowl, whisk together the tomato purée, gram flour, turmeric powder, chilli powder, salt and sugar till well blended. Mix in two cups of water.
2. Heat a deep non-stick pan and roast the mustard seeds, asafoetida, cumin seeds, curry leaves and red chillies till fragrant.
3. Add the tomato mixture and bring to a boil. Lower the heat and simmer for ten minutes.
4. Serve hot, garnished with chopped coriander.

SWEETCORN KADHI

Ingredients

- ½ cup frozen or tinned sweetcorn kernels
- ¼ cup cream-style sweetcorn
- 1 cup skimmed milk yogurt
- 2 tablespoons Bengal gram flour
- 2-3 green chillies, roughly chopped
- 1 inch ginger
- 1 teaspoon turmeric powder
- 2 medium onions, sliced Salt to taste
- 1½ teaspoon oil
- ¼ teaspoon mustard seeds
- ½ teaspoon fennel seeds
- ¼ teaspoon onion seeds
- 4 dried red chillies, broken into two

Method

1. Grind together the green chillies and ginger to a fine paste.
2. Whisk the yogurt with the Bengal gram flour and turmeric powder. Stir in two-cups of water and mix.
3. Pour the yogurt mixture into a thick-bottomed nonstick pan and bring to a boil.
4. Lower the heat and gradually mix in the green chilli-ginger paste, onions and cream-style corn. Stir well and cook for two to three minutes.
5. Add the corn kernels, salt and one cup of water.
6. Cook over medium heat, stirring frequently, for eight to ten minutes, or till it thickens.
4. Heat the oil in a small non-stick pan; add the mustard seeds, fennel seeds, onion seeds and red chillies. Sauté till the spices start to splutter.
5. Pour the spices over the *kadhi* and immediately cover with a lid to trap the flavours.
6. Stir well and add the salt to taste. Serve hot with steamed, unpolished rice.

VRAT KI KADHI

Ingredients

1³/₄ cups skimmed milk yogurt
2 tablespoons water chestnut flour
1/4 teaspoon rock salt
1 teaspoon red chilli powder
1/4 teaspoon cinnamon powder
1 tablespoon pure ghee
1 teaspoon cumin seeds
3-4 dried red chillies, broken into large bits
10-12 curry leaves
1/2 teaspoon sugar
Salt to taste
1 tablespoon chopped fresh coriander

Method

1. Whisk together the yogurt, water chestnut flour, rock salt, chilli powder and cinnamon powder. Add four cups of water and mix well.
2. Heat the ghee in a non-stick *kadai*; add the cumin seeds, red chillies and curry leaves. Sauté till the cumin seeds begin to splutter.
3. Add the yogurt mixture and cook till the *kadhi* thickens slightly. Stir in the sugar and salt. Cook over a low heat for two minutes.
4. Garnish with chopped coriander and serve hot.

KERI KI LAUNJEE

Ingredients

1 kilogram unripe mangoes
3 tablespoons mustard oil
 $\frac{3}{4}$ teaspoon fenugreek seeds
4 teaspoons fennel seeds
 $\frac{1}{2}$ teaspoon onion seeds
1 teaspoon coriander powder
1 teaspoon red chilli powder
 $\frac{1}{2}$ teaspoon turmeric powder
Salt to taste
 $1\frac{1}{4}$ cups grated jaggery

Method

1. Peel the mangoes, cut them lengthways into quarters and remove the kernels.
2. Heat the oil in a non-stick *kadai*, to smoking point. Lower the heat, add the fenugreek seeds and sauté till they begin to change colour.
3. Add the fennel seeds, onion seeds, coriander powder, chilli powder, turmeric powder and salt, and stir.
4. Add the mangoes and sauté for five minutes.
5. Add the jaggery and half a cup of water. Bring to a boil, cover and simmer, stirring occasionally, for seven to eight minutes.
6. Remove and cool. Store in sterilised bottles.

Note: Fenugreek seeds are known to lower blood cholesterol levels. Mustard oil is also low in fat and sodium.

TAMARIND-GINGER PICKLE

Ingredients

- 4 lemon-sized balls tamarind
- 6 one-inch pieces of ginger, grated
- 1 teaspoon fenugreek seeds
- ¼ teaspoon asafoetida
- Salt to taste
- 10 teaspoons sesame oil
- 10 green chillies, cut into ½-inch pieces
- ¼ teaspoon turmeric powder
- ½ teaspoon mustard seeds
- 2 dried red chillies
- 1 teaspoon grated jaggery

Method

1. Soak the tamarind in two cups of warm water for half an hour, remove the pulp, strain and set aside.
2. Dry-roast the fenugreek seeds in a non-stick pan till golden brown. Pound to a powder and mix with asafoetida and salt.
3. Heat four teaspoons oil in a non-stick pan; add the ginger and chillies, and sauté for about two minutes and add the turmeric powder. Stir well and cook for a minute on low heat and transfer into a bowl.
4. Heat the remaining oil in the same pan; add the mustard seeds and red chillies. When the seeds begin to splutter, stir in the tamarind pulp.
5. Bring to a boil, add the mixture of powdered fenugreek seeds, asafoetida and salt. Mix well and add the jaggery. Simmer on medium heat for six to eight minutes or till it reduces by half.
6. Add the cooked ginger and green chilli mixture. Cook for two to three minutes on high heat, stirring continuously. Check and adjust seasoning.
7. Cool and store in a sterilised bottle.

Chef's Tip: This pickle has a short shelf life of about six to seven days only. Store in the refrigerator, for a longer shelf life.

TEEKHA NIMBU ACHAAR

Ingredients

6 large lemons, quartered and seeded
8 green chillies, chopped
2-3 tablespoons red chilli powder
¼ cup salt
½ cup sugar
2 inches ginger, crushed
1 tablespoon roasted mustard seeds
1 teaspoon roasted fenugreek seeds
2 star anise, roasted

Method

1. Place the lemons in a large bowl and sprinkle salt over them. Cover and set aside for one day. On the following day, toss the lemons in the brine.
2. Take four quarters of the salted lemons and squeeze out the juice into a small non-stick pan. Add the sugar, ginger and three tablespoons of water. Bring to a boil, and cook on low heat, stirring continuously, till the sugar dissolves completely.
4. Add the green chillies and chilli powder. Cook for one minute. Set aside to cool. Add the roasted mustard seeds, roasted fenugreek seeds and star anise. Mix well.
5. Pour the lemon mixture into a sterilised glass jar. Pour the sugar-chilli mixture over the lemons to cover them completely. Press the lemons down so that they are soaked completely.
6. Cover the jar and set aside for twenty-five to twenty-eight days. The pickle is now ready to be served.

Note: This pickle is prepared with many healthy ingredients like ginger, mustard seeds, fenugreek seeds, and lemons.

VADU MANGO

Ingredients

500 grams baby mangoes in brine (see below)
100 grams mustard powder
60 grams Kashmiri red chilli powder
50 grams salt
A large pinch of asafoetida
5 grams acetic acid

Method

1. Combine the mustard powder, chilli powder, salt and asafoetida with a little of the brine in which the mangoes have been soaked.
2. Drain the baby mangoes and add to the *masala*.
3. Add the acetic acid and mix. Transfer the pickle into a sterilised bottle and place in the refrigerator.
4. Serve after a week. Always store refrigerated.

Note: To make 500 grams of baby mangoes in brine, mix together 350 grams baby mangoes, 75 grams sea salt and 75 grams vinegar. Transfer the mixture to a procelain jar (bharni), cover and leave to stand for about a week or ten days before adding the masala.

DATE AND TAMARIND CHUTNEY

Ingredients

15-20 dates, stoned and roughly chopped
1 cup Tamarind Pulp (See Annexure)
2 teaspoons cumin seeds
¼ teaspoon fennel seeds
½ cup jaggery, grated
2 teaspoons red chilli powder
1 teaspoon dried ginger powder
1 teaspoon black salt
Salt to taste

Method

1. Dry-roast the cumin seeds and fennel seeds. Cool slightly and grind to a powder.
2. Mix together the dates, jaggery, tamarind pulp, cumin and fennel powder, chilli powder, ginger powder, black salt, salt to taste and four cups of water.
3. Cook on medium heat till it comes to a boil, lower the heat and continue to cook for six to eight minutes.
4. Remove from heat, cool and serve.

RED CHILLI-GARLIC CHUTNEY

Ingredients

10 dried red chillies, seeded
12 large garlic cloves
1½ tablespoons lemon juice
Sea salt to taste
1 teaspoon cumin powder

Method

1. Soak the red chillies in one and a half cups of water for half an hour. Drain.
2. Grind the red chillies and garlic with lemon juice to a fine paste. Add a little water if necessary.
3. Add the salt and cumin powder, and mix well.
4. Use as a topping on *bhel puri* or any *chaat*.

Note: This chutney is a great saviour for those who prefer the food a little spicy...it keeps well too. Eating raw garlic is not to everyone's taste, so a chutneys such as this are ideal. Garlic, belonging to the same Allium family as onions and leeks, controls cholesterol, protects against skin infections and lowers blood pressure. It also aids digestion.

SARSON KI CHUTNEY

Ingredients

½ cup mustard seeds
1½ cups + 4 tablespoons vinegar
Salt to taste
1 tablespoon sugar
¼ teaspoon turmeric powder

Method

1. Grind the mustard seeds with four tablespoons of vinegar to a fine paste.
2. Pour the remaining vinegar in a non-stick pan. Add the salt, sugar and turmeric powder, and bring to a boil.
3. Add the mustard paste and cook for fifteen to twenty minutes or till thick.
4. Cool and serve.

Chef's Tip: For best results *mature* for two days and then serve.

Note: Our very own desi mustard paste...companion to many kababs. Mustard seeds are a good source of omega-3 fatty acids and low in fat and sodium. They also contain magnesium and potassium. This can be a good substitute for salt.

TAMATAR KI CHUTNEY

Ingredients

7-8 medium tomatoes, finely chopped
1 tablespoon pure ghee
½ teaspoon cumin seeds
A pinch of asafoetida
1 green chilli, broken into bits
10 curry leaves
¼ teaspoon turmeric powder
1 teaspoon coriander powder
½ teaspoon cumin powder
½ teaspoon red chilli powder
½ teaspoon *garam masala* powder
Salt to taste
1 teaspoon sugar
2 tablespoons chopped fresh coriander

Method

1. Heat the ghee in a non-stick pan. Add the cumin seeds and when they begin to change colour, add the asafoetida, green chilli and curry leaves, and sauté for a minute.
2. Mix the turmeric powder, coriander powder, cumin powder, chilli powder and *garam masala* powder in one-fourth cup of water and add. Sauté for two minutes.
3. Add the tomatoes, salt, sugar and half a cup of water. Mix well. Lower the heat once the mixture comes to a boil and cook for ten to fifteen minutes.
4. Garnish with the chopped coriander and serve hot.

Note: Tamatar ki Chutney is a healthier alternative to ketchup. Tomatoes are a rich source of vitamin C, which helps in building up immunity. Curry leaves, with their essential oils, add flavour, and fiber and help in digestion.

PEAR CHUTNEY

Ingredients

- 1 large (120 grams) pear
- ¼ inch ginger, chopped
- ½ blade mace
- ½ star anise
- ½ inch stick cinnamon
- ¼ teaspoon salt
- ¼ teaspoon crushed red chillies
- 1 teaspoon raisins
- 1 teaspoon sugar
- ½ teaspoon vinegar

Method

1. Chop half the pear and purée the other half.
2. Tie up the ginger, mace, star anise and cinnamon in a piece of muslin to make a *potli*.
3. Place the chopped pear in a non-stick pan along with the spice *potli*, half a cup of water, salt, crushed red chillies, raisins and sugar, and cook on medium heat for about five minutes stirring a few times.
4. Add the pear purée and continue to cook for two to three minutes. Add the vinegar and cook till the mixture reduces and gets a chutney consistency. Cool and serve.

Note: A pear is a nutrient-dense food that has no cholesterol, sodium or saturated fat. It is a natural quick source of energy, due largely to the presence of high amounts of two mono saccharides: fructose and glucose.

FRESH TURAI CHUTNEY

Ingredients

250 grams ridged gourds
10 green chillies, chopped
4 garlic cloves
2 tablespoons chopped fresh coriander
1 tablespoon Tamarind Pulp (See Annexure)
Salt to taste

Seasoning

½ tablespoon oil
¼ teaspoon mustard seeds
½ teaspoon cumin seeds
3 dried red chillies, broken into large bits
6 curry leaves

Method

1. Scrape the outside of the ridged gourds lightly. Chop roughly.
2. Pound them along with the green chillies, garlic and chopped coriander to a coarse paste. Alternatively, grind them coarsely in a blender.
3. Add the tamarind pulp and salt, and mix thoroughly.
4. For the seasoning, heat the oil in a non-stick pan; add the mustard seeds, cumin seeds, red chillies and curry leaves. When the mustard seeds begin to splutter, pour the seasoning over the chutney.

GREEN CHUTNEY

Ingredients

- 1 cup chopped fresh coriander
- ½ cup chopped fresh mint
- 2-3 green chillies, chopped
- Black salt to taste
- ¼ teaspoon sugar
- 1 teaspoon lemon juice

Method

1. Grind together the chopped coriander, mint and green chillies with a little water if required, till smooth.
2. Add the salt and sugar, and mix.
3. Transfer to a bowl, add the lemon juice and mix well.

Chef's Tip: You can use crushed dried pomegranate seeds or dried mango powder instead of lemon juice. When in season, unripe mango is a good substitute.

Variation: Add yogurt to the chutney and mix well (two tablespoons of chutney to one cup yogurt).

Note: Coriander is a herb that has been in use in ancient Indian cookery. It is soothing to the stomach and its long-term use is believed to strengthen the stomach muscles. Coriander is like any other green leafy vegetable - high in fiber and is beneficial to diabetics and heart patients.

GREEN MANGO AND ONION CHUTNEY

Ingredients

3 medium unripe mangoes, peeled, stoned and chopped
2 medium onions, grated
4-6 green chillies, chopped
1 tablespoon dried pomegranate seeds
2 tablespoons lemon juice
½ teaspoon black salt
Salt to taste
½ teaspoon sugar

Method

1. Place the mangoes, green chillies, pomegranate seeds, lemon juice, salt and sugar into a blender and blend till smooth.
2. Adjust the consistency, if required, by adding water.
3. Squeeze the grated onion to remove excess juice and add to the chutney. Mix well.

VARHADI THECHA

Ingredients

20-25 dried red chillies	
1 tablespoon oil	
12-16 garlic cloves, roughly chopped	
1 inch ginger, roughly chopped	
1 tablespoon lemon juice	
4 tablespoons vinegar	
Salt to taste	
½ teaspoon sugar	

Method

1. Heat the oil in a non-stick pan; add the garlic and ginger, and stir-fry for half a minute
2. Add the red chillies and continue stir-frying for half a minute longer. Remove from heat and cool.
3. Grind the fried chillies with the lemon juice, vinegar, salt and sugar into a fine paste.

ANNEXURE

Coconut Milk

Process 1 cup grated fresh coconut in a blender with $\frac{1}{4}$ cup warm water. Pass the ground coconut through a piece of muslin or strainer pressing firmly to extract all the juice, or first milk. Add a $\frac{1}{4}$ cup of warm water to the strained coconut to get the second, thinner milk from the same solids.

Goda Masala

Roast 1 cup coriander seeds, 2 tablespoons cumin seeds, $\frac{1}{4}$ cup stone flower 6 two-inch sticks cinnamon, 16 green cardamoms, 25 cloves, $\frac{3}{4}$ teaspoon caraway seeds, 15-18 black peppercorns, 10-12 bay leaves, 1 teaspoon nagkeshar, 2 blades mace, 3 tablespoons grated dried coconut, 1 teaspoon sesame seeds, 3 whole dried red chillies and 1 teaspoon asafoetida one by one in a little oil. Cool and grind to a fine powder. Makes 100 grams of *goda masala* powder.

Tamarind Pulp

Soak 75 grams tamarind in 100 ml warm water for 10-15 minutes. Grind to a smooth paste and strain to remove any fibres. Store in an airtight container in the refrigerator.

Vegetable Stock

Peel, wash and chop 1 onion, $\frac{1}{2}$ medium carrot, 2-3 inch celery stalk and 2-3 garlic cloves. Place in a pan with 1 bay leaf, 5-6 peppercorns, 2-3 cloves and 5 cups of water and bring to a boil. Lower heat and simmer for 15 minutes and strain. Cool and store in a refrigerator till further use.

GLOSSARY

[illegible]

ENGLISH

- Asafoetida
- Bay leaves
- Bean sprouts
- Beans, kidney
- Black-eyed beans
- Capsicum
- Cardamoms, black
- Cardamoms, green
- Carom seeds
- Carrot
- Cashew nuts
- Cauliflower
- Celery
- Chickpeas
- Chillies, dried red
- Cinnamon
- Coriander seeds
- Coriander, fresh
- Cottage cheese
- Cracked wheat
- Cream
- Curry leaves
- Dates
- Dates, dried
- Drumstick
- Fenugreek seeds

HINDI

Hing
Tez patta
Ankurit moong
Rajma
Lobia
Shimla mirch
Badi elaichi
Chhoti elaichi
Ajwain
Gajar
Kaju
Phoolgobhi
Ajmud
Kabuli chana
Sookhi lal mirch
Dalchini
Dhania
Hara dhania
Paneer/chhena
Dalia
Malai
Kadhi patta
Khajur
Chhuare
Saijan ki phalli
Methi dana

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AUTHOR'S NOTE

Our typical modern day meal includes rice, dal, bread or chapati. Delicious as this sounds, they are loaded with carbohydrates, fat and calories.

Low-calorie food can be just as tasty and filling, all one has to do is reduce and replace certain high calorie ingredients, with low-calorie alternatives which are now easily available, and the food will taste just as good.

Enjoy my *Eat Lite* collection of low-calorie delights like the healthy Mixed Vegetable and Tomato Pulao, hearty Banjari Dal, filling Brown Rice Vegetable Pilaf, earthy Methi Makai Paranthe and Sarson ki Chutney, tangy Theekha Nimbu Achaar, and classic Dal Lucknowi.

Eat Lite, to live right!